



Instructor Program Manual For Bodyump

Joseph E. Antouri



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exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities *Police Physical Fitness Instructor's Course* Charles H. Howe, Maine Criminal Justice Academy, Maine State Police, 1993 *Fitness*

ABC's Chuck Krautblatt, 2007-03 **Group Fitness Instructor Manual**, 2000 A handbook for today's fitness instructor Group fitness instructors may be expected to offer participants a wide range of activities such as indoor cycling yoga and strength training as well as aerobics The contributors to this book are experts in a variety of fields including exercise physiology psychology and the law The manual offers the foundation of knowledge necessary to teach fitness in a group setting Topics covered include exercise physiology fundamentals of anatomy and applied kinesiology nutrition health screening designing a group exercise programme teaching the class adherence and motivation disabilities and health limitations exercise and pregnancy injury prevention and emergency procedures and legal and professional responsibilities

Teaching for Physical Fitness Bo McMillin, George Ezra Schlafer, Karl Webber Bookwalter, **Fitness Instructor Training Manual** Marla Gold, McGill University. Campus Recreation-Instructional Program, 1987 **Ace Fitness Instruction Manual** American Council on Exercise, 2007-03-01 ACE Group Fitness Instructor Manual was designed to prepare fitness professionals to work in group and class settings and is the main study for the ACE Group Fitness Instructor Developed and written by 17 of the industry's top experts the ACE Group Fitness Instructor Manual is an excellent resource addressing the core competencies you need regardless of the types of classes you teach It provides overviews of nine of the most popular modalities including aquatic exercise fitness yoga and Pilates mat training Topics range from exercise physiology anatomy kinesiology and health screening to adherence injury prevention and legal and professional responsibilities Special attention has been given to fitness for special populations including pregnant women and those with significant weight challenges Companion DVD included *NDEITA Aerobics & Fitness Instructor's Training Manual* Kay Olson-Fischer, National Dance-Exercise Instructor's Training Association, 1990 Instructor's Manual Lisa Raufman, 1998

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